

'The Bachelor' Chris Soules Prepares to Bring Winner Home to Arlington



By Maggie Manfredi

The Bachelor is on the fast track to love! According to UsMagazine.com, Chris Soules is down to his final two leading ladies after this week's dramatic episode. *The Bachelor* season 19 has culminated in this farmer being very optimistic about getting down on one knee during the finale to solidify a relationship and love. Kaitlyn was sent home by Soules and is no longer in the running to be part of a celebrity couple, but rumors are already flying that she may end up as the next *Bachelorette*. *The Bachelor* still has to choose between Whitney the fertility nurse and Becca the virgin. The three are set

for an epic finish in Bali and are already well on their way to finding love. Who will be our *Bachelor's* leading lady?

We can't all date with the level of style that *The Bachelor* contestants do, but we can still make it special. What are three ways to date in style?

Cupid's Advice:

Dating is a fun step toward finding your soul mate. Although we can't all date like Chris Soules, Cupid does have some attainable tips on how to date in style:

1. Experience new things: The best way to make dating more exciting is to try new things together. Whether it be a big move like skydiving or a smaller treat like trying a foreign food, be bold and enjoy every adventure.

Related Link: [Whitney from 'The Bachelor' Says She'd Move To Arlington, Iowa For Chris Soules](#)

2. Take advantage of free stuff: It is okay to be a dater on a budget, but that doesn't mean you have to sit at home every night and watch television. Take this dating advice to heart: Get online and look into what your city has to offer for free. You would be surprised by the amount of coffee shop concerts, museums, and festivals that take place all year long for no charge! With a little bit of research, you can have a great date on a budget.

Related Link: ['The Bachelor' Season 19 Contestants Treat a Relationship and Love with Chris Soules Like a Game](#)

3. Stay in: Nothing completes dating like a pinch of romance.

How can you make the love come alive? Start with the little things like lighting candles at dinner, sharing a blanket while watching a movie, or baking dessert together. Get creative and don't afraid to have a romantic night in; not everyone needs Bali at sunset to fall in love.

Will Chris propose to Whitney or Becca? Share your predictions below!

Whitney from 'The Bachelor' Season 19 Says She'd Move to Arlington, Iowa for Chris Soules





By Emma L. Wells

From day one, *The Bachelor* season 19 star Chris Soules has said that a relationship and love with him means moving to his (very small) hometown of Arlington, Iowa. After asking potential celebrity love Whitney if she would be able to leave her life in Chicago for him, she gave him exactly the answer he was looking for. According to [People.com](https://www.people.com), she said that, while she loves her job as a nurse, she would have “no hesitation” about moving to Arlington and “having babies” as her career. [The Bachelor season 19](https://www.abc.com/shows/the-bachelor) frontrunner continued, “I firmly believe that life takes you places, and it’s not where you are; it’s who you’re with.”

The Bachelor season 19 contestant Whitney is willing to move to Iowa for her celebrity love. How do you know if that’s the right decision

for your relationship and love?

Cupid's Advice:

We sometimes fall for people who aren't perfect for us in a geographic sense. Long-distance dating can't go on forever, and eventually, you're left with two choices: break-up or move. Cupid has some dating advice on how to tell what move (no pun intended) is right for you:

1. Consider all the factors: Realty TV star Whitney told her celebrity love that it doesn't matter where she is because it's who she's with that's important. While there is a lot of truth to her statement, you should examine your specific situation first. Think about what you need in order to be happy; that may include your career, your friends and family, or something as seemingly small as your kickball team or local library. What would you have to give up when you move to be closer to your partner? More importantly, can you live without it?

Related Link: [QuickieChick's Video Dating Tips: Is He "The One" or Just Another Someone?](#)

2. Look to the future: After you've made your mental list of things you can't live without, ask yourself how that list will change in the next five, ten, or twenty years. Moving might not suit your needs *this* year, but maybe that's where you see yourself long-term. In this case, the question changes from "if" to "when." Tell your significant other that you're willing to move but need a little more time before you're ready. If your relationship and love is as important to them as it is to you, then they will understand.

Related Link: ['The Bachelor' Season 19 Contestants Treat a Relationship and Love with Chris Soules Like a Game](#)

3. Be on the same page: Make sure you understand why your beau wants you to move; that will ensure that you two have similar expectations. Are their reasons valid? Does it make more sense for you to move to them or vice versa? It's equally important for them to understand your reasons as well. Having a discussion about how this move will change your relationship is the best place to start.

Have you ever moved for your relationship and love? Tell us about it below!

Single in Stilettos Show: Relationship Experts Discuss Why He Didn't Call





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to relationship expert David Crowther about why your date didn't call when he said he would.

Relationship Experts Share Dating Advice

The dating consultant for SurviveWomen.com explains that the only person who truly knows the answer to this question is the man himself. However, the [relationship experts](#) offer a few potential reasons for you to consider: Something may have come up in his personal or professional life; he didn't find you attractive or may have been bothered by something you said; or he may be taken already. Of course, he may just be someone who lacks integrity. If that's the case, he's not someone you want as your partner in a long-term relationship and love.

Related Link: [When One Partner's Needs Are More Important](#)

There's one other question that women often ask themselves: If he doesn't call, should I reach out? Feel free to contact him, but remember that you shouldn't be doing all of the pursuing.

It's a two-way street, and you deserve someone who's willing to go the extra mile for you!

For more expert dating advice and additional information about Single in Stilettos shows, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

Exclusive Celebrity

**Interview: Karina Smirnoff
and Lindsay Rielly Share
Dating Advice In ‘We’re Just
Not That Into You’**





Interview by [Sarah Batcheller](#). Written by Jenna Bagcal

We've all been on dates that have flopped miserably. Maybe they've even made us think, "What did I do wrong?" or "Why wasn't he into me?" In this exclusive celebrity interview, *Dancing with the Stars* (DWTS) professional dancer [Karina Smirnoff](#) and her best friend and manager Lindsay Rielly remind readers that these dating disasters happen to the best of us. In their new book *We're Just Not That Into You: Dating Disasters From the Trenches*, which came out on Feb. 10, these ladies, along with some of their famous friends, share their perspective about relationships and love and prove that what seems like a bad date now may turn into a hilarious story that you'll learn from later on.

Karina Smirnoff and Lindsay Rielly Share Dating Advice and Disasters

Sure, Smirnoff is well-known for her moves on the dance floor, but even winning the mirror ball trophy doesn't make you immune to heartbreak – which is why she decided to share the

good, the bad, and the ugly in her new book. According to Rielly, the title of the book is a tongue-in-cheek reminder to women that “it’s not that *he’s* not into us. It’s a mutual thing!” Their main goal was to remind people that “dating is ultimately fun, not something that you have to dread because of your previous experiences.”

Related Link: [Exclusive Celebrity Interview: Antonio Sabato Jr. Shares His Best Relationship and Love Advice for Valentine’s Day](#)

Embodying this mindset, these two women have not let dating flops get in the way of their positive outlook on relationships and love. Smirnoff’s best piece of dating advice is simple: “Open your mind and your heart. Instead of thinking, ‘Oh my god, I gotta go on another date,’ go with good energy. Great things might come out of it! And the least you’re gonna do is enjoy yourself.”

The best friends ultimately describe the writing process as “fun” with intense and challenging moments at times. “To be honest, I loved every second of it! It was a lot of work though,” Smirnoff says in our exclusive celebrity interview. “Once we started remembering the dates and the details, we looked like Bruce Almighty. Remember when he was God and he was answering emails to everyone? At the end, I just wanted to say yes to all! But writing a book is very liberating and empowering too – I didn’t expect to feel that way.”

In addition to dating stories from Smirnoff and Rielly, *We’re Just Not That Into You* includes contributions from their girlfriends and other celebrities, including *DWTS* contestants Leah Thompson, Maria Menounos, and Ralph Macchio as well as fellow professional dancer Cheryl Burke.

Why Men Will Enjoy This Book About Relationships and Love

While the book is geared towards women, Smirnoff and Rielly share that men may also enjoy reading it. "Our publishers read the book, not expecting to love it, and said that neither of them could put it down. It's the type of book that, if their wives had it, they would steal and read in private," they explain.

Related Link: [How to Keep the Spark in Your Relationship After Valentine's Day](#)

No need to worry, guys: You're not to blame for every dating disaster. "There are stories where we laugh at our own behavior," Smirnoff says. "There were definite situations where we were the catalyst of our own downfall. But that's the whole point: It's not like all guys are bad and all girls are good. We're all good, and we're all bad...sometimes at the same time."

Of course, the authors have their fingers crossed that some of their exes check out their new book about love. "I'm personally hoping that at least one specific person reads it. I think that he might learn something about his love life by reading his story," says Rielly.

"I just hope someone picks it up and asks, 'Why were you talking about me?'" Smirnoff adds with a laugh.

Professional Dancer Shares What's Next for Her in Exclusive Celebrity Interview

With her new book being released and other secret projects in the works, Smirnoff will not be returning for the next season of *DWTS*. After being on the show for "an incredible decade of her life," the dancer says that she felt it was time to move on and explore new opportunities. "There are a lot of exciting

things coming up!" she shares.

Related Link: [Dating Advice: How to Date and Get the Best Results](#)

Some of her favorite memories from the show are the relationships that she formed with other professional dancers and her celebrity partners. "I developed real friendships – friendships where you call each other, where you see each other whenever you're in town," she reveals. "I still have that relationship with a lot of my partners, including Ralph Macchio, Jacoby Jones, and J.R. Martinez."

Speaking of Martinez, one of her favorite seasons was season 13 when she was partnered with the former U.S. Army soldier and actor. She explains, "I love the military. Being partnered with J.R. was very powerful for me because I got to experience some of his world firsthand. I got to experience his story – what he went through and how he came out of it. That was a very important season for me personally."

You can keep up with Karina on Twitter @Karina_Smirnoff. Check out We're Just Not That Into You on Amazon!

Expert Dating Advice: 5 Signs He's Mr. Now and Not Mr. Right





By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#)

Everyone dreams of the fairytale ending, but nobody said that finding Prince Charming would be easy. Even when we fall in – what *feels* like – love, we’re still not always sure that he’s The One. After all, relationships and love are supposed to be work, right? While this may be true to an extent, a romance should not be more work than it’s worth. One of the hardest decisions to make in a partnership is realizing when it’s time to walk away.

Founders of Project Soulmate Share Expert Dating Advice

While love may be enough to withstand the test of time in stories, reality is much more complicated than that. Two people could be in love and still not be right for each other. Knowing when you are a good fit for each other can be hard. With that thought in mind, here are five red flags that mean you aren’t dating Mr. Right:

Related Link: [Don’t Just Drop Hints When You Want Commitment](#)

1. You don't trust him: If there is no trust, there is no relationship. A relationship is primarily built off trust, so one *without* trust is like having a phone without service: It's frustrating, and no matter how hard you try, it will never work. Let's not beat around the bush: If you don't trust your guy, there is a reason. Whether you saw a text from another girl pop up on his phone, found out he was cheating, or even just caught him in one too many lies, if you don't trust your man, it's over.

You cannot spend all of your time and energy stalking his whereabouts because, let's face it, it's exhausting. Instead of spending your time worrying about your guy's every move, you should be enjoying your life and the people you love!

2. There's no passion: Love and passion seem to go hand-in-hand. But the truth is that you can love someone without feeling any passion for them. If your relationship is lacking that burning passion that you've dreamed about, then you're probably better off as friends. Passion is the longing for someone that makes you feel complete when you are together. And while the sexual passion is said to fade, the romantic passion should last forever. You should always feel like your partner is your other half and that you complete one another. While it's true that passion isn't everything, it is a necessary component to any successful relationship and love.

Related Link: [Balance Work and Love Like a Celebrity](#)

3. You don't feel accepted: Being in love means that you can completely be yourself around the other person. If you feel like you're constantly walking on egg shells in your relationship or like you're being judged by your man, then he isn't right for you. A person that you love should accept you for exactly who you are and whatever baggage you carry. And while relationships require minor sacrifices, they should be mutual and not one-sided.

As relationship experts, we believe that you shouldn't have to completely change yourself or give up the things that you love for another person. Your partner should accept you for who you are and embrace you with open arms. The truth is, if he really loves you, he should make the effort to learn about your hobbies, your work, and your loved ones. You should never have to give up your life to satisfy your man.

How to Know If You've Found a Relationship and Love with Mr. Right

4. He won't talk about the future: Every couple has to eventually have "the talk" about the future. And while they may dread the moment that they have to face reality and realize they want different things, it's a conversation that has to happen in order to move to the next phase in any partnership. It is true that every person has their own unique set of beliefs, but your partner's goals have to jive with yours in order for a relationship to work. In the beginning stages, many couples don't feel the need to talk about their these things, but as your relationship progresses, this discussion will become unavoidable. If you're considering spending the rest of your life with someone, having a conversation about religion, children, and your future in general is crucial.

The sooner you have the conversation, the better. You definitely don't want to marry someone, only to find out later that you both want different things in life. Even if you're in love, having different values and wanting different things means that you aren't right for each other. At the end of the day, you need to face the music and realize that it's time to move on.

Related Link: [Dealing With a Valentine's Day Break-Up](#)

5. He doesn't respect you: A relationship and love is all about balance. Your partner should bring out the best in you, and you should bring out the best in him. But the truth is that many times people stay in romances that bring out the worst in them. While arguing is normal in any relationship, there needs to be a healthy line of communication where you can discuss your feelings openly before a full-fledged fight erupts. If your partner doesn't have enough respect for you to sit down and tell you how they are feeling through a mature discussion, then your relationship will quickly spiral out of control.

Let's face it: Nobody likes to fight. If you and your partner don't have open conversations and have a lack communication, then your relationship will quickly take a turn for the worse and you will see each other's ugliest side.

Relationship experts Lori Zaslow and Jennifer Zucher are BRAVO TV's Love Brokers and founders of Project Soulmate, a high-end New York-based matchmaking company. For more information about Project Soulmate, click [here](#).

Dating Expert Laurel House on How to Break Up Via Text Message





By [E!'s Famously Single Dating Coach, Laurel House](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) is here to tell ladies how to break up with a guy over text.

Dating Advice from E!'s *Famously Single* Dating Coach

No, it's not cold, she reassures us. House says that if you're an active dater, there is no need for a dramatic conclusion every time you don't think a guy is a good fit. And it's totally okay to politely let him know that you don't think you two are romantically right for each other. House's expert love advice is always getting you out of sticky situations!

For more dating advice from House, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

What did you say to a guy when ending your relationship and

love via text message? Tell us in the comments below!

Single in Stilettos Show: Love Advice to Go From Dating to a Committed Relationship



On this week's [Single in Stilettos](#) show, founder and dating expert Suzanne Oshima talks to relationship author Dr. Diana Kirschner about how to go from casually dating to a committed relationship and love.

Relationship Author Reveals Love Advice for a Committed Partnership

Dr. Kirschner shares the following [love advice](#): Have fun in and out of the bedroom; be radiantly happy; don't be a drama queen; make him feel good about you; and be patient with where you're at in the relationship process. While there's no set timeline, your partnership should always be moving forward. No matter what, though, never give a man an ultimatum; you don't want to force him to be with you exclusively before he's ready.

Related Link: [Dr. Diana Kirschner Talks 'Love in 90 Days'](#)

If you follow this love advice from Dr. Kirschner, which is based on the simple laws of attraction, you'll be one step closer to finding the relationship and love you want.

For more expert dating advice and additional information about Single in Stilettos shows, click [here](#).

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Relationship Advice: How to Keep the Spark in Your Relationship After Valentine's Day



By Molly Jacob and Jennifer Ross

Now that the beautiful romance of Valentine's Day has passed, you may think it's time to return to ordinary life. Even though it's technically no longer the season of relationships and love, that doesn't mean your love ends! For the rest of the year, spread your love continuously, especially in your relationship. Not sure how to do that?

Cupid has some relationship advice for how to keep the spark in your relationship all year long!

1. Express your feelings: One of the best parts about this day of love is when you take the time to tell your partner how you really feel. Who says you can't do so all year long? While

your significant other of course knows that you love him or her, sometimes we all need a little validation. Just by saying, "I love you," in the most unexpected moments, such as when they're eating dinner or brushing their teeth, has a lot of meaning.

Related Link: [Expert Dating Advice: Valentine's Day Tips](#)

2. Send love notes: Valentine's Day cards are wonderful ways of expressing your feelings about relationships and love on paper, so why not keep those going throughout the year? Just slip a note somewhere sure to be noticed later by your sweetheart. Many card stores have all sorts of blank cards or customizable stationary for you to send your message. If you can't write like the greeting card writers can, don't fret! You can steal great quotes from your favorite songwriter or poet, as long as you give credit where credit is due.

3. Go on romantic dates: Think about how much fun you had sharing a lovely meal with your significant other out on the town on the 14th and plan something like that again. You might have spent a pretty penny this Valentine's Day, but don't think you have to do so on every date. Think a quiet afternoon at a cafe or lunch at your partner's favorite pizza joint. The key here is to appreciating each other in public and sharing a delicious meal, too.

Related Link: [5 Celebrity Couples Who Celebrate Valentine's Day in Style](#)

4. Make an appointment: We often get so caught up in our busy lives that we take alone time with our loved one for granted. Just how Valentine's Day is a day of the year that you devote to your partner, create a specific time each day that you plan to spend with him or her. This can be a time that you talk about your day, discuss your relationship and love, or just do something together, such as make dinner. This sacred, alone time can strengthen the intimacy in your relationship.

5. Seek advice: If your Valentine's Day date was a complete flop, don't let that stop you and your partner from fighting to keep the love alive. Sometimes life's hardships can distract you from focusing on the love and goodness in your relationship. Seek advice from other couples that have stayed together and passed the test of time. They are full of valuable relationship advice about keeping the spark in your relationship, even after years of being together.

How do you keep the spark in your relationship after Valentine's Day? Share with us below.

Dating Advice on How to Meet Someone for Valentine's Day





By April Davis

With Valentine's around the corner, you may feel a lot of pressure to find the person who's right for you. Relationships and love are something that few people put much effort and energy into finding.

Many think that if you just sit back, then it will just happen when it happens. The problem is that it won't happen while you're sitting on the couch. Here's some dating advice you can use to meet your Valentine.

1. First thing's first – Get rid of the idea that Valentine's day is the deadline.

It can be a checkpoint, but not a deadline. It's a process to find the person you can spend the rest of your life with and there are steps involved. It's not like buying a car where you can go to the dealer and give your preferences on features, color, etc. Remember it will take some time and effort to meet the one for you and there are a billion possible matches for you, but it can be a lot of fun in the meantime if you're open-minded.

2. Wear red.

When you're out and about at social gatherings or just any given day at work or the grocery store, take advantage of the Winter seasonal colors and wear red. This will attract attention to yourself and it's sexy. Also, research has shown that people are more attracted to both women AND men who wear red.

3. Get out and be seen.

Your future King or Queen isn't going to find you in front of your TV at home. Get online and find all the singles events, happy hours, business networking events, nonprofit fundraisers, etc. and get them on your calendar. This dating advice can save you a lot of worry, so be proactive. These places are full of professionals and many of them are going to be single. The places you go to meet people don't all have to be singles events. When you are at these events don't forget to smile and try out your refined conversation skills. One trick to open the door for conversation at an event, go up to someone you'd like to meet, have a drink in your hand, and say, "Cheers". Most anyone will respond positively.

4. Learn how to make a connection with someone while in conversation.

This really is a skill set and not everyone knows how to do it. One thing you can do to start improving in this area is to initiate conversations with anyone you meet. Don't wait to

only talk with people you're attracted to or want to date. It's smarter to be friendly and practice connecting with anyone you meet.

If you're in the elevator, smile, say hello, and make a comment to the other person sharing it with you. Maybe you can notice something about their bag, hair, or what they're wearing. Throw out a compliment to the person working behind the counter. Ask your server at a restaurant a question such as, "Where are you from?" These are all ways to start a conversation and will help you to build your confidence when it's time for you to chat it up with someone you are interested in.

5. Make a list of things you've always wanted to do, and do it.

If your New Year's resolution is to get in shape, then get in the gym. Or maybe you've always wanted to try rock climbing. There are several groups out there that will provide lessons and get you started. How great would it be to meet someone there who you already know you have something in common with? Love advice: Don't forget to wear red ☑

While Valentine's Day can feel annoying when you're single, it's a reminder to us that relationships play an important role in our lives. By following these couple of tips, you're being proactive in your future and finding the person who is right for you. Then next year you may even be spending Valentine's with your new partner.

April Davis, founder of Cupid's Cronies is sharing some of her tips for meeting someone this Valentine's Day. With offices throughout the U.S., Cupid's Cronies is bringing a lot of love to people through her various services from having a wing woman or wingman alongside them, an online dating assistance or simply just good ol' fashioned dating coach.

Jamie Dornan Says Celebrity Love Amelia Warner Does Not Want to See 'Fifty Shades of Grey'



By [Whitney Johnson](#)

Of all the women who will be heading to theaters this weekend to see *Fifty Shades of Grey*, we know one who will be steering clear of the erotic film: star Jamie Dornan's celebrity love, Amelia Warner. According to [UsMagazine.com](#), the actor says it only makes sense that his wife wouldn't want to watch his

sexual scenes. “I am not going to put any pressure on her either way. It’s her decision,” he explained in a recent interview with *USA Today*. “She’s well aware that it’s pretend, but it’s probably not that comfortable to watch.”

Famous couple Jamie Dornan and his celebrity love Amelia Warner are working out a way to support each other, even when it’s uncomfortable. What are some ways to support your partner from afar?

Cupid’s Advice:

Showing support for your partner and their career is important to any relationship, but sometimes, it can be complicated, as famous couple Dornan and Warner is learning. Cupid has some dating advice to help you show that you care from a distance:

1. Write each other private notes: A little gesture like a handwritten letter – or even just a Post-It note! – goes a long way. While Dornan’s celebrity love may not want to attend a screening of the movie with him, she can hide a sweet love note in his pocket or suitcase for him to read while they’re apart.

Related Link: [Matthew McConaughey Thanks Wife Camila Alves for Motivation](#)

2. Send flowers or gifts: If your partner travels for his or her job and has a big presentation or show coming up, send your support via a bouquet of flowers or small thoughtful gift. It will show your partner that you’re thinking about them.

Related Link: [Hollywood Couple: Diane Kruger Adorably Freaks Out Over Longtime Boyfriend Joshua Jackson's Golden Globes Win](#)

3. Skype, and utilize social media: Technology is key these days. Show your support from afar by logging into Skype and having a face-to-face interaction with your significant other. You can also utilize social media platforms like Facebook or Twitter to announce your support for your partner to the world.

What are some other ways to show you care from afar? Share your thoughts below.

Exclusive Celebrity

Interview: Antonio Sabato Jr.

Shares His Best Relationship

and Love Advice for

Valentine's Day





By [Rebecca White](#)

Do you ever wonder what married celebrity couples do for Valentine's Day, especially if they're apart due to work obligations? Well, we got the inside scoop from one of our favorite stars! In an exclusive celebrity interview, Antonio Sabato Jr. shares that his relationship and love life is better than ever and discusses what he'll do for his wife this weekend.

Antonio Sabato Jr. Talks Valentine's Day Plans in Exclusive Celebrity Interview

In honor of the romantic holiday, the former *Dancing with the Stars* contestant learned how to cook for his wife Cheryl Moana Marie Nunes on *Flip My Food* with Chef Jeff Henderson. Although the actor won't be home for the special day, he plans to use the skills he acquired on the show when he returns and has "some surprises going to the house for her."

Related Link: [5 Celebrity Couples Who Celebrate Valentine's Day in Style](#)

When the reality TV star learned what Chef Jeff wanted to make for the famous couple, he couldn't resist the invitation to go on his show. "Everything was delicious, and the dessert was incredible," Sabato raves. "He makes everything taste amazing. I don't ever eat salmon, and the way he made it was amazing. I love his food, his recipes, and his show."

The actor not only learned how to cook the perfect meal for his wife, but he also took home some new cooking skills that he didn't have before. The *Fix It & Finish It* host shares that you need to "take your time; be careful not to overcook your ingredients; and put passion behind your food."

Reality TV Star Shares His Best Relationship and Love Advice

If you are still unsure of how to spend your Valentine's Day and what to give your significant other, consider this dating advice to save your relationship and love life. "Knowing what your significant other likes and what is special to her is the way to have a great Valentine's Day," the former model says. "Know her favorite restaurant, her favorite food, her favorite flower, or her favorite movie. Then, surprise her and be a gentleman about it."

Related Link: ['DWTS' Star Antonio Sabato Jr. on Dancing with His Wife: "It Will Be So Special For Us Both"](#)

Or you can impress your partner on the dance floor this weekend. The actor may even showcase his dancing skills. "I get to dance with my wife all the time and have had many dances with her since the end of *DWTS*," he reveals in our exclusive celebrity interview. "I always take my time with her to heart."

If you're still in a bind, use this celebrity couple's favorite date night as your inspiration. Sabato divulges that they like to go to a theater where "you can order food and drinks during the movie in reclined seating and just have an amazing time." Sounds like a good date to us!

You can keep up with Antonio Sabato Jr. on Twitter @antoniosabatojr and his website, www.antoniosabatojronline.com/

Celebrity Break-Up: Did Josh Murray Split with Former 'Bachelorette' Andi Dorfman for More Reality TV Fame?





By Emma L. Wells

Fans of *The Bachelorette* have been wondering why Andi Dorfman and Josh Murray called off their engagement. According to [HollywoodLife.com](https://www.hollywoodlife.com), these celebrity exes were more interested in reality TV fame than in each other. Apparently, Murray never even wanted to win *The Bachelorette* season 10! “During the filming of the show, the producers kept telling Josh that if Andi didn’t pick him, he would be the next *Bachelor*,” a source said. “So he has been resentful towards Andi because he knows he could have been in the limelight as *The Bachelor*, so now [that he’s single] he is going to make a play to try to be the next *Bachelor*. Even though they are telling their friends [their split] was mutual, he ended it.” The source went on to say that there was an attraction between the reality TV stars, but in the end, they were more interested in being famous than being with each other.

Celebrity exes Andi Dorfman and

Josh Murray may have put their reality TV fame first, costing them their relationship and love. How can you keep your career goals from getting in the way of your personal life?

Cupid's Advice:

A fulfilling career doesn't mean you have to give up a relationship and love, and similarly, a healthy relationship doesn't mean you have to sacrifice your career. Cupid has some dating advice on how to achieve this balance so your love life doesn't turn out like this celebrity break-up:

1. Include your partner: If your career is a big part of your life, then you shouldn't hide it from your significant other. Tell them about your job and invite them to work functions. Your partner should be part of your support system.

Related Link: ['The Bachelor' Host Chris Harrison Says He "Had No Clue" Andi Dorfman & Josh Murray Would Break Up](#)

2. Be present: Neither of you want your entire relationship and love to revolve around your job. When you're with each other, it's important to be in the moment. Giving your partner your undivided attention is the easiest way to show you care, so put your phone away and ignore those e-mails until tomorrow!

Related Link: ['Bachelorette' Andi Dorfman Hands Out Final Rose and Confronts Runner-Up](#)

3. Sort out your priorities: If work is your number one priority, then you need to be with a partner who

understands. If your significant other can't see why you care about your job, then you clearly aren't clicking when it comes to some fundamental issues. It's important to have similar life goals and priorities.

How do you balance your career and your relationship? Tell us below!

Relationships and Love Are Overrated



By Brian Worley

While "Virginia is for Lovers," Valentine's Day is all about

celebrating your lover. However, relationships and love are overrated. Don't stress out if you are among the more than half of the single population in the U.S. that will be celebrating this romantic holiday solo, because you are not alone. According to a report on Bloomberg.com, you are one of the 124.6 million single Americans that will not be contributing to the \$13.19 billion annual spend on roses, candy, candlelit dinners and stuffed cupids. Take this dating advice, and put love on hold, if not only for the amount of money you can save!

The average consumer spends \$116.21 on Valentine's Day, so pocket the cash and follow these sexy, single and ready to mingle tips that could potentially leave you with Cupid's arrow piercing your heart or a bunch of mental memories of another night on the town where you have the time of your life and can still keep searching for that relationship and love.

Here are the 5 Ways to throw a Singles Party that Rocks:

1. Invitees: It is all about the singles. Invite single friends only and each person needs to bring a new single friend. Make sure there are an equal number of guys and gals to mix up the fun. So where do you find these singletons? Your social network – Invite people in your social circle on Facebook or maybe you have common friends but you don't know

them. Now, is your chance to branch out and invite them.

2. Décor: Forget about pink and red. A little played out isn't it? Well this year try turquoise and orange. Let's think a little bit more about that décor. A star is defined as a bright point of light in the sky or a five-sided drawing that is meant to resemble the points of light in the sky. So you can have star shaped sugar cookies – green with vanilla icing packaged up as a parting gift. Or, do the whole party around the opposites of what people think. For example, – Not roses...Rather thistle- Not chocolate...Bring out the steak.

3. Playlist of music: Just forget all those love songs and bring out the real fun jams! Such as "All the Single Ladies."

4. Food / Beverages: Keep it fun and flowing. The opposite of chocolate is vanilla so why not add some vanilla touches. And, make sure the food is fun – Gourmet Grilled Cheese sandwiches are easy to make and always a big hit.

5. Invitation: And, don't forget about the invite. How about setting the theme in advance by sending the party goer a puzzle piece and they then have to find the person that has the other piece of the puzzle.

They say, 'the grass is always greener on the other side' which seems to be more accurate on Valentine's Day than any other holiday. As you throw yourself into the perfect singles soiree, think about all your couple friends in a relationship and love eating overpriced dinners because technically love is in the air. Follow these fun pointers and next Valentine's Day, you may just find yourself on the other side of the fence receiving a dozen of the 196 million red roses produced to show how much you are loved!

[Brian Worley](#) is the co-founder of Your-Bash and TV's favorite event planner and LA's man about town. Worley is known for his over the top and memorable style and has been the voice of everything from E!'s Party Monsters Cabo, to WE TV's Platinum

Weddings, to *The Style Channel's* Big Party Plan Off. From *American Idol* Parties, to the *Oscar Pre-Show* and *Grammy After Party*, Worley says the key is to NOT go with tradition.

Expert Love Advice: The Perfect Excuse for a Valentine's Day Getaway



By [David Wygant](#)

If you're thinking of traveling with your new woman, why not plan a weekend trip for Valentine's Day? There are so many

great deals during this special holiday. Don't make the classic mistake of looking to the countryside. Everyone thinks that's the most romantic place to go, but on Valentine's Day, those bed and breakfasts are swarming with couples.

Expert Love Advice for a Valentine's Day Vacation

Instead, to follow my [expert love advice](#), consider the business districts in your local city. Some of the nicest hotels are situated in the business districts, and on Valentine's Day, those hotels are often empty. There will be a ton of weekend specials you won't be able to resist – I'm talking four or five star hotels for half the price! Yes, it might be a little quiet down there, but isn't that exactly what you're craving for you and your significant other?

Related Link: [How to Plan a Guy Friendly Valentine's Day](#)

For your romantic weekend, you'll have a big bed, room service, and easy access to recent movies. Usually, there is a great spa, a huge gym, and a top-notch restaurant in the hotel too. After all, they're geared towards the business traveler who wants to feel absolutely spoiled when they are away.

How to Use a Special Getaway to Learn About Your Relationship and Love

After you book your room, what do you plan for Valentine's Day weekend? Well, that depends on what you want. When I travel with somebody for the first time, I'm taking a look at how spontaneous they are. How do we relate to each other in closed quarters? It's important to ask these questions because, up until this point in your relationship and love, you've

probably spent all of your time in a comfort zone.

Maybe she spent the night at your place, or you spent the night at her house, but either way, you've been in familiar territory. When you take somebody out of the familiar, you get an idea of how they are when their things aren't around. How much time does she spend with you? How much time is spent staring at her phone? Is she talking to or texting with her friends over the course of the weekend? These are things you don't really think about, but a lot of women are social media junkies – they're on it 24/7. I remember when I went away with this woman for the very first time years ago. We had sex, and it was great. I went to the bathroom. I came back literally 35 seconds later, and she was on Twitter.

Related Link: [Dating Advice: How Do You Make a Woman Feel Most Beautiful?](#)

The first time you “live” with a person – even just for a weekend – they reveal their true nature. Up until this trip, they've been on their best behavior, but they're about to expose themselves. Are they high maintenance? Are they low maintenance? Do they travel with a lot of things? Do they have trouble leaving their routine? You won't know these intimate details until you take them away.

I believe that, in order to have a strong relationship and love, you need to take somebody on a getaway as quickly as possible. So this Valentine's Day, invest in a weekend trip! Check out who she is and what she's all about. Get an idea of what your future's going to look like if you stay together.

For more expert love advice from David, click [here](#).

Expert Relationship Advice: I'm Divorced, But He's Married



By Toni Coleman, LCSW, CMC for [Hope After Divorce](#)

I recently received the letter below and offered my expert relationship advice in my response.

Expert Relationship Advice from Hope After Divorce

Dear Toni,

Somehow, I have fallen in love with a married man. I know what you must be thinking: that if I knew he was married, and I

walked into it anyway, I did this to myself and need to just accept the consequences. If so, you would be right, but I honestly didn't have the intent to go down this path. It more or less evolved from us being co-workers and friends. Ironically, he was the one who I leaned on a lot through my ex's infidelity and subsequent divorce. It was a time of great vulnerability for me, and he was just so great; in fact, he was everything my ex had never been. After hours of talking, long lunches, drinks after work and an increased frequency in texting, we shared a kiss. From there, it was too easy.

Related Link: [How to Be Mindful When It Comes to Relationships and Love](#)

He is a good man, the father of three children and spouse to a nice woman. I know they have had their issues and problems, but he has never been unfaithful to her in the past because he is not that kind of guy. He has told me that he did not intend this either and feels guilty and torn about continuing, even though I know he values our relationship and love. He loves his family, is concerned about his children, and knows he would take a terrible financial hit if he were to divorce.

I'm hoping you can help us figure out what we should do next. Speaking for myself, I would love it if he could be free and we could have a life together. I know this is very selfish, but it's the truth. However, I am not exactly sure how he feels. He has told me he cares about me and has demonstrated this in many ways, but I know he is devoted to his family. I have considered just breaking it off, asking him to go to counseling with me, and telling him I can't remain in limbo while giving him a period of time to tell his wife and begin a separation or else. The last one is a bit of an ultimatum, but at least I could be sure of where he really stands. Any insights, suggestions or wisdom gained from your experience working with situations like this would be greatly appreciated.

– In Love's Limbo

Related Link: [Your Soul Needs Nourishment](#)

What's Next For This Relationship and Love

Dear In Love's Limbo,

Wow, your ex did this to you, yet you have let yourself be a part of doing this to another wife. You mention the irony, but I don't sense much remorse on your part, and that is a bit troubling. You also say "he" is married to a nice woman and that he has never done this before because he is a nice guy. What does that make you?

My intent is not to dump a lot of guilt or criticism on you; I am instead asking hard questions in order to get you to step beyond your present perspective and take a larger and more brutally honest view of the situation in which you now find yourself. This did not just happen – it is the result of a series of steps taken over time, each of which could have been different if either of you had made a different choice. Seeing this as a choice is very important, as you are not a helpless victim here, and that means you can make choices that will help you to work towards what is best for all involved.

I get the sense from several things you have written that your lover has been expressing ambivalence and has suggested that he does not want to continue. It also seems apparent that you do not share these feelings and would have no hesitation to move this relationship and love forward once his marriage is out of the way. The reason these impressions are important is that, if I am correct, your letter might be motivated by a desire to find a way to convince him to remain involved with you and end his marriage because his reluctance to do so is becoming very apparent to you. If this is the case, any

suggestions I might offer would not be addressing the real issues and dynamics and would not help either of you in the long run.

Related Link: [Love Advice: Is Your Life Working?](#)

Therefore, I recommend that you begin with an honest discussion about what both of you want. This will require that you create the right environment and give him the space to share his feelings honestly and without fear of backlash. After all, would you want to be with a man who feels ambivalent or pressured to be with you? If his heart is with his family, what of any real value would be left for you? There is also all the collateral damage that would result if he were to break up his marriage and family life. Would it be worth it to him if he only has a half-hearted desire to be with you? Do you really want a future with someone who isn't fully committed to you and the relationship?

The truth may be very painful to accept, and you would be left to grieve if a decision is made to end your affair. I suspect you are feeling a bit desperate to avoid this pain, and that is understandable. But weigh that against a possible lifetime of resentment on the part of your partner and continued grief over never having the relationship and love you had hoped for. Somehow, a quick and clean cut seems like the better option. However, you will need to really listen to what he has to say before you will know what you need to do.

For more information about expert relationship advice from Hope After Divorce, click [here](#).

Match.com Singles In America Study Breaks Down the World of Modern Relationships and Love



This post is sponsored by Match.com.

By Katelyn Di Salvo

Modern dating has a set of new rules along with new gadgets and online dating apps. With the click of a button or the swipe of a finger, you could make a night of ice cream and Netflix into one filled with wine and gourmet food. It's no secret that technology has changed the dating game in so many ways. As if being single wasn't hard enough, now there's even

more to know when you're searching for a relationship and love!

Match.com Reveals Statistics About Singles Looking for a Relationship and Love

In collaboration with The Second City Communications, Match.com and Singles In America (SIA) set up an afternoon of cocktails, food, and fun. In the Cutting Room in New York City, Match.com had a live streaming of their fifth comprehensive dating survey. The study, conducted by Research Now in association with renowned anthropologist Dr. Helen Fisher and evolutionary biologist Dr. Justin R. Garcia, polled the attitudes and behaviors of 5,675 U.S. single men and women between the ages of 18 and 70+. Their findings shed some light on how to date in the digital world and the ways in which technology is impacting courtship, sexual behaviors, gender roles, and hot-button issues.

This year's results indicate that there is an "etiquette for a new era," meaning that new technology and media lead to new habits and rules for dating. SIA found that both single men and women (54 percent of women and 33 percent of men, to be exact) find misspellings and incorrect grammar to be the biggest text turn-offs. Another thing to keep in mind is many singles find too many selfies to be a bad sign.

Interestingly enough, emojis found their way into the study as well. 51 percent of singles say they use emojis to give their texts "more personality." The most popular emoji's among singles are the wink (53 percent), the smiley (38 percent), and the kiss (27 percent). During the live streaming of the results, Dr. Fisher stated that singles who used these emojis to flirt as well as kiss emoji users were more sexually satisfied.

Another interesting point that came from this year's study was what SIA called "The Clooney Effect." Like George Clooney, men were starting to seek "the new woman": someone who is smart, powerful, and self-sufficient. 87 percent of single men stated they would date a woman who makes "considerably more" money and who is better educated. Similarly, 78 percent of women want their own bank account, and 90 percent want more personal space. Does this mean men are getting lazier? According to Dr. Fisher, that's not the case. "It just means we are seeing the end of the macho man," the relationship expert explains.

As the Match.com Singles In America survey revealed, dating in the modern world means looking for a relationship and love with more technology at your finger tips. Finding someone special is easier than ever before!

Discover 'The Old Fashioned Way' in Ginger Kolbaba's Newest Book About Love





By [Sarah Batcheller](#)

Ginger Kolbaba believes in the power of old-fashioned romance, which is why she's written her latest book about love, *The Old Fashioned Way: Reclaiming the Lost Art of Romance*. Setting itself apart from many other self-help relationship books, it's a helpful guide to a timeless, everlasting love. It's based on the screenplay *Old Fashioned* by Rik Swartzwelder, which is being released in theaters over Valentine's Day weekend. In a world where relationships are consumed by ambiguity, pride, and various shades of gray, Kolbaba enlightens readers to the ways lovers thrived in simpler times. As a result, her fascinating book about love details how you, too, can achieve an old-fashioned romance.

Love Advice from Self-Help Relationship Author

You encourage readers not to constantly long for "the good old days" because for all we know, these days could be even better! So what do you think is unique to today's dating

scene that older generations may not have experienced back in their 20's and 30's?

We have access now to different organizations that give us information about potential partners and help us connect with other people in a positive and healthy way. That's a big one – because a hundred years ago, everyone lived on farms or in small communities, so basically, who you went to school with was who you connected with...unless it was someone's cousin's cousin's friend who was visiting from out of town. We have a larger ability to meet people from all over the world.

Related Link: [Date Idea: Live Out Your Fairytale](#)

How do gender roles play into relationships, whether positively or negatively?

Well, first of all, let me say that I am, at heart, a feminist. I remember once that my mother-in-law said that women were great as companions or as people to step alongside men. She said women should never be doctors; they should be nurses, teachers, or any other supportive role to the real roles that were for men. She and I really bumped heads on this idea.

In relationships, there are significant differences that we can't ignore. We were created in a certain way, and a lot of times we try to push against that instead of flow with it. Science shows that men and women view situations differently. Men tend to be more visual, whereas women tend to be more relational; men tend to compartmentalize more than women do. If something isn't on their screen in that moment, they're not seeing it. But with women, if they get a speeding ticket that day, that means their dress doesn't fit and they're too fat and they're a failure at their relationship. If we understand these differences in relationships, then we don't try to make the other person exactly like us.

Furthermore, a woman's response in an argument is typically to

get angry right away and then calm down a little bit after looking at the whole situation from a discerning point of view. The man, though, can deal with a situation immediately, but then, after he processes it emotionally, he gets angry, which is when the woman can step in and be there for him.

Ginger Kolbaba Discusses Her New Book About Love

You mention that statistically speaking, couples who live together before marriage are more likely to divorce. Why do you think that is?

This goes so much against the grain of what we think is rational. Wouldn't you think, "If I move in with this person, then I'm really going to get to know them and make a wise decision about whether I want to be with them for the rest of my life"? But statistics and research have shown over and over that there is more divorce and even more abuse that occurs for couples who cohabitate before they get married. I think that, when we decide to try it out and give ourselves this test, we're putting divorce on the table from the get-go. We may not transition over mentally. Basically, we go from a commitment to a covenant; we feel like there is no out, and we're all in. When we're living together, we think we can get out, so a lot of times, we carry that same mentality into our marriages.

To shift gears, the movie *Old Fashioned*, whose creation led to the writing of your book, is being released alongside *50 Shades of Grey* over Valentine's Day weekend. In your opinion, what does having these two movies side-by-side say about relationships and love today?

Well, after I saw the screening of *Old Fashioned*, I realized that the movie leaves you with this sense of hope and this feeling of, "Oh my gosh, that's how I want to be treated!"

This movie shows what love is. Now, I haven't seen *50 Shades of Grey*, but I've read the book, and I know it doesn't make you say, "Oh, that would make me feel like someone really cares for me." So what these two movies going head-to-head has to offer is that people can see two different viewpoints of relationships and love. Now, both show very extreme versions of love, but *Old Fashioned* is closer to the way people actually *want* to be treated.

Related Link: ['50 Shades of Grey' Star Jamie Dornan Shares Unsexy Secret](#)

Speaking of Valentine's Day, what is your love advice for couples looking to celebrate the holiday in a fun and romantic, maybe even old fashioned, way?

People should let go of the expectation that it has to be perfect because it's Valentine's Day. I want to be treated like that every day! I've known couples who have gotten into huge arguments because of trying to plan big, romantic dinners and buying huge gifts instead of just enjoying each other's company and doing something wonderful with each other. People set the expectations too high.

My friend Jonathan got married a couple of years ago, and for the first Valentine's Day, he went all out. He got her a huge present and took her to an expensive dinner and did all these things. The next year, he did all these things, except he didn't get her a present, and what did she decide to focus on? The missing gift, of course. He came into my office and said, "I don't know what to do. I almost don't want to celebrate it anymore!" Don't end up focusing on a misplaced expectation instead of each other.

Learn more about Ginger on her website, www.gingerkolbaba.com/home.html and pick up a copy of The Old Fashioned Way today. Be on the lookout for future self-help relationship books from the author!

'The Bachelor' Season 19 Contestants Treat a Relationship and Love with Chris Soules Like a Game



By Emma L. Wells

You know what they say: Two's a party, but three's a painfully awkward and quiet crowd. Kelsey and Ashley I. weren't exactly audience favorites on [The Bachelor season 19](#), but it certainly was enjoyable to watch them face-off on a two-on-one date during last night's episode of this popular reality TV

show. Rather than using their alone time with Chris Soules to grow their relationships and love, the ladies complained and gossiped about each other. According to [Fox News](#), *The Bachelor* star saw through their games and took their accusations seriously, ultimately sending both women home.

***The Bachelor* season 19 contestants Kelsey and Ashley I. played Chris Soules like a prize to be won during their two-on-one date. Why can playing games cause more harm than good to your relationship and love?**

Cupid's Advice:

Dating can often feel like a game; after all, there's players and a field, scores and a strategy. But it can be harder to reach your goal and find a relationship and love if you get too wrapped up in the sport. Here's why you should take Cupid's dating advice and stop playing games when it comes to love:

1. It's not a competition: If you're out to win the game like these two contestants from *The Bachelor* season 19, you'll never win his heart. Ask yourself what winning would even look like to you. If you're always focused on the final outcome, you can't enjoy the here and now properly. You'll end up missing the best parts of your own relationship!

Related Link: [Screwing the Rules Video Dating Advice: How 'The Bachelor' Is Changing the Reality of Dating](#)

2. You don't need a strategy: While there are some helpful

tips to playing the field, the most important rule to follow is trusting your heart. Make moves based on your own emotions and don't feel like you have to play hard to get. You can't expect to have a real partnership if you're not acting like your true self. Remember that if it doesn't work out, then it's not meant to be.

Related Link: [‘The Bachelor’ Season 19 Contestant Britt Faces Her Fear For Chris Soules](#)

3. The stakes are real: If you're out to just play the field, you'll never find something serious, and you'll most certainly end up hurting someone along the way. When dating, the stakes are high. You should have some idea of what you want in a relationship before you dive into it, and you should be honest about your priorities as you go along.

How do keep from playing games in your relationship and love? Tell us in the comments below!

Single in Stilettos Show: Love Advice for Winning Him Over





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima and dating expert Des O'Connor share their best love advice for how to win him over.

Related Link: [Des O'Connor on Why You Keep Attracting the Wrong Men](#)

Relationship Advice Video: How to Win Him Over

According to O'Connor, finding a relationship and love shouldn't be hard for women. If you understand how men think and what they want, you can capture his attention. Consider this love advice from the dating expert and make yourself aware of these three things: Know what makes him tick; understand his relationship with his mother; and remember that food is really important to a man. Other than that, just show him that you're thinking of him. It really is *that* easy!

Watch the [relationship advice video](#) above for the rest of

O'Connor's great dating tips!

For more love advice and additional information about Single in Stilettos shows, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

Relationship Advice: The 8 Best Budget-Friendly Valentine's Gifts



By Jude Bijou MA MFT

Lots of us, particularly males, fret about what to do for Valentine's Day. Need some relationship advice? Chocolate and roses are nice, but not exactly creative or even heartfelt.

Sexy lingerie or a romantic dinner may be fun, but is this what she really wants?

I talk to many clients who express genuine anxiety about Valentine's Day, and this is what I tell them: Don't get caught up in peer pressure or commercialism associated with Valentine's Day. Instead, think of it as a time to honor your love partner, and to let this person know you value, respect, and admire him or her. With that as your intention, giving the "gift" is actually very easy. Best of all, it won't cost you a cent.

Take some relationship advice and use these 8 gifts that will win the heart of your Valentine.

- 1. Put it in writing:** Write a list of qualities that you appreciate about your loved one, and put those words in a card, poem, or a short video of you reading the list.
- 2. Stir up memories:** Jot down 5 or so of your favorite, most precious memories of your partner and the time you've spent together, and convey them verbally.

Related Link: ['Single Ladies' Star Denise Vasi Shares Her Valentine's Day Plans](#)

- 3. Grant a wish:** Put yourself in your lover's shoes and think of a chore or an activity that would bring a smile or ease some stress. Then make it happen.

4. Spend some time: Arrange an outing to a favorite place you share, maybe a hike or a stroll around a special neighborhood. Or just take the evening off from your normal routine and cook a favorite dinner.

5. Be emotionally generous: Refrain from making negative jokes about Valentine's Day or your loved one's views about the day. Regardless of how you feel, only say positive things.

Related Link: [Valentine's Day Advice: Nine Gift Ideas for the Frugalista](#)

6. Lend an ear: Set up a cozy place to talk and ask your loved one questions about life, dreams, wishes, and feelings. Offer to "just listen" while he or she talks and shares. Don't interrupt.

7. Clean the slate: Valentine's Day is as good a day as any to let go of any grudges you're holding and to accept your loved one, flaws and all. This will help you genuinely say, "I love you just as you are."

8. Fall in love anew: Allow yourself to fall in love again. Conjure memories and feelings of a time you were full of feelings of love for your Valentine, and keep your focus there. Recall the way you felt when you first met.

*Jude Bijou, MA, MFT, is a respected psychotherapist, professional educator, and workshop leader. Her theory of Attitude Reconstruction® evolved over the course of more than 30 years working with clients as a licensed marriage and family therapist, and is the subject of her award-winning book, **Attitude Reconstruction: A Blueprint for Building a Better Life**. Learn more at www.attitudereconstruction.com.*

Expert Dating Advice for How to Manage Valentine's Day Expectations



By Joan Barnard

When it seems like every woman you know is getting the royal treatment on Valentine's Day, it's easy to feel disappointed when the man in your life does not meet your expectations—and you wouldn't be the only one.

According to a new study published by the National Retail Federation, Americans are expected to spend over \$18.9 billion on Valentine's Day gifts this year.

With jewelry commercials on loop and Valentine's Day card nostalgia in full swing, it's no surprise that people feel the pressure to spend—and that the spending adds up to almost \$150 for the average person.

Related Link: [Relationship Expert Shares Hot Valentine's Day Gifts](#)

Spare yourself (and your guy) Valentine's Day stress by following these three pieces of expert dating advice. They're sure to keep your expectations in check:

1. Let him know how much (or little) you care about Valentine's Day: Men understand that women have expectations for Valentine's Day, but many have a hard time distinguishing just how high (or low) those expectations are. If it's your first Valentine's Day together, give him a heads up that you're looking for an evening fit for a Hollywood couple, or if you'd rather just stay home, let him know—the earlier the better.

2. Make suggestions: Saying, "I want to do something fun on Valentine's Day" won't cut it; it's too subjective. Making concrete suggestions about what you want will set the tone. You might say, "Wouldn't a couples massages be fun?" or "This would be the perfect time to try that cute French restaurant." Sharing suggestions will give him some parameters: how much to spend, how romantic the gift should be, etc.

3. Make sure your suggestions match the level of your relationship: If you have suggestions in mind, make sure they match where you are in your relationship and love. If you're expecting a card and receive a diamond necklace, you'll feel overwhelmed—the same way your partner would feel if he's expecting to give you a card and you ask for a diamond necklace. Be realistic. Save expensive gifts for your serious established relationships.

Related Link: [Love Advice: 3 Signs He's the Right Guy to Be Your Valentine](#)

When it comes to your relationship and love, don't let one day decide how things will or won't progress—think about the big picture. Does your partner value you? Do they value your happiness? Do you feel consistently happy with him? My expert dating advice would say that if the answer is “yes,” a bouquet of flowers—or nothing at all—won't change that.

Joan Barnard is the resident dating and relationship expert and blog editor for Zoosk, the online dating site home to 29+ million users worldwide and the #1 mobile dating app. She authors the weekly Joan Actually advice column, responding to dating and relationship questions from 14+ million readers who are in, out of, and between relationships. She hosts a weekly dating advice series for nearly 9,000+ Zoosk YouTube subscribers and also records 15-second dating advice spots on Instagram.

How to Get Through

Valentine's Day Single



By Elizabeth Kim and Molly Jacob

You check the calendar and realize February 14th is coming up sooner than you'd like. You wonder if you can call in sick or at least stay away from social media all day so you don't have to deal with the cheesy Instagram photos your friends will inevitably post about their significant others. But, before you burrow into bed so that you don't have to deal with the inevitable love parade, Cupid has some advice on how to get through Valentine's Day single, unscathed, and maybe even happy.

While it seems like Valentine's Day

is all about relationships and love, check out Cupid's tips to help you enjoy this day even if you are single:

1. Take part: Remember in elementary school when everybody would pass around tiny boxes of conversation hearts and fold-up cardboard Valentine's Day cards? Distribute goodies to co-workers and friends! Whether or not you buy bulk cards from your local drugstore or personalize each and every gift with great detail, not only will you be bringing a smile to someone else, it will serve as a good distraction from all the couple-themed activities surrounding you.

2. Ignore the holiday: February 14th is just another day in your week, so plan a day of fun activities that have nothing to do with relationships and love! You might decide to take the subway to a part of the city you haven't been to before so you can explore cafes and parks. Or, plan a day at the spa followed by lunch at your favorite Italian bistro. Whatever it is, don't use V-Day as an excuse to be miserable — have fun with it!

Related Link: [Dealing with a Valentine's Day Breakup](#)

3. Band together: You're certainly not the only single girl this Valentine's Day. Have a pseudo date night with a friend or spend the day with all your fellow single ladies. Have an old school slumber party, complete with delicious snacks and trashy magazines. Misery loves company, so even if you decide that you all just want to mope, at least you won't be moping alone. Sure you might shed some tears, but you will end up sharing a lot of laughs.

4. Treat yourself: Make this day all about you instead of

relationships and love. Go ahead and buy that Michael Kors bag you have been saving up for, or splurge on a fancy manicure. You will be distracting yourself from all the love in the air while rewarding yourself for surviving the day!

Related Link: [Making the Most of Valentine's Day Even If You're Unhappy](#)

5. Remind yourself: This one is the toughest but ultimately you just have to remind yourself that it is just another day on the calendar. You shouldn't equate going on a date or being in a relationship with self-worth. And here's a bonus tip: Valentine's Day chocolates are super cheap on February 15, so stock up on delicious treats as soon as this day of love is over!

How do you get through Valentine's Day when you're single? Tell us in the comments below!

Celebrity Interview: Model CariDee English Is "Off the Market Officially!"





Interview by [Whitney Johnson](#). Written by [Rebecca White](#).

You may recognize CariDee English as the season 7 winner of *America's Next Top Model*, but she has come a long way in her career since 2006. In our [celebrity interview](#), the former reality TV star opens up about her current boyfriend, her struggle with Psoriasis and how it has affected her relationships and love life, and the upcoming music video that she stars in. Plus, she shares her best fashion and beauty tips for your next date night.

CariDee English Opens Up About Her Relationship and Love Life

Sorry, guys: This beautiful blonde is “off the market officially.” She’s been dating musician Ilan Rubin since they ran into each other at a Halloween party, but she admits that she “stalked him on Instagram for a couple of years” first. Given their shared passion for music, particularly drumming, she says, “I love the way he worked. First and foremost, I was in love with the artist in him.”

For women trying to find the courage to make the first move, take a cue from English: After she realized Rubin was flirting with her, she took the reins. “I definitely approached him. I picked him up 100 percent,” she shares. The couple has been together ever since!

Related Link: [Bobbie Thomas on Date Night Fashion: “If You’re Looking to Have a Good Time, Don’t Be Uncomfortable!”](#)

Since both of them travel often for work, they have to take advantage of date nights when they can. The models says her perfect time with her man is when she doesn’t have to share him with anyone else. She elaborates, “With work, we’re constantly out with other people, so it’s just nice to get all of his attention.”

When it comes to her three must-haves in a partner, English knows exactly what she wants: He needs a job; he needs to share some of her passions and interests; and most importantly, he needs to be loyal. “I can’t stress it enough: You can have the hottest guy with the best job, but if he’s not loyal, you’re gonna feel like shit,” she says in our celebrity interview.

Former Reality TV Star Shares Dating Advice in Celebrity Interview

Many fans now know English from the often-played Stelara commercials. Given her role as spokesperson for the medicine, it’s no surprise that she’s very candid when discussing her Psoriasis, which she’s had since she was five years old. “It really impacted my dating life. It’s the biggest reason why I’m so cool and half the reason why it took so long to lose my virginity,” she says with a laugh. “It’s something that you can’t cover up, and it’s something that you can feel

to the touch.”

While not all of us struggle with something like Psoriasis, the North Dakota native recognizes that, “as women, we are always going to be uncomfortable about something.” She encourages you to “embrace whatever it is that’s less than perfect. The best way to find confidence is just to put time into yourself.” Something as simple as taking a walk two times a week can help you feel more in tune with yourself. “That automatically makes you feel more comfortable when it comes time to reveal your body in front of a partner,” she adds.

Related Link: [‘Bachelorette’ Star Desiree Hartsock Says Confidence is Key to Finding Mr. Right](#)

English also believes that it’s important to share your insecurities with your partner once you are comfortable with them, even though the fear of rejection is so high. “They’re only going to love you more. I guarantee that,” she shares.

Of course, as much as you work on inner confidence, you’re outer appearance also affects how you ultimately feel. “Confidence comes from within, but it will show on the outside,” the model says. “Whenever I’m not feeling all that sure of myself, I’ll wear a bright lip or a powerful color like red and throw in a little extra time on my hair.” Whatever you do, don’t give into your self-doubt and decide not to go out. “Don’t let your insecurity win. Beat it with a punch – a punch of color,” she says.

If all else fails, English recommends wearing something black. “It’ll make you feel slinky and smooth and slender. It kind of makes you feel like a bad ass,” the star divulges. “A great leather jacket will go a long way to improve your mood too.”

To add a little pizzazz to your dating life, try something new when it comes to your beauty routine. It can be as simple as putting on a new lipstick or as drastic as changing your hair color. Whatever you decide to do, English says, “Just commit

to it. Go for it 100 percent and wear it with no apologies.”

Related Link: [Dating Advice: 5 Tips for Awesome Lips for Your First Kiss](#)

On a first date, though, you may want to keep your look simple. “The more you put on, the more upkeep you have to do,” she reminds us. “Make sure you bring everything needed for touch-ups!”

When she’s not modeling, English loves doing anything related to music. She’s currently working on a music video for the band Mini Mansions, which is Michael Shuman’s band, who is the bassist for Queens of the Stone Age. “I’m excited because I get to do my art, my modeling, but I get to do it in a live action way,” she says.

You can keep up with CariDee on Twitter @CariDeeEnglish and Instagram.

Celebrity Break-up: Are ‘The Bachelorette’ Reality TV Stars Andi Dorfman and Josh Murray Fighting on Twitter?





By Emma L. Wells

The celebrity news that reality TV stars Andi Dorfman and Josh Murray split came as a shock to many. While we still don't know what caused this celebrity break-up, they have remained very amicable – but that might be changing. At the end of January, Murray tweeted, “Having to change all my passwords because someone keeps logging into my social media accounts SMH.” This left us wondering: Is former *Bachelorette* Dorfman cyber stalking her celebrity ex? Her response came very quickly – only 9 minutes later according to [thestir.cafemom.com](https://www.thestir.cafemom.com). She replied, “Join the club ... Got better things to do with my life #blessed.” While we can't say for certain who these tweets are directed at or what they really mean, we *can* assume that there's some tension following this celebrity break-up.

These reality TV stars seemed friendly after their celebrity

break-up, but it looks like their claws are coming out now! How can you move on after a split?

Cupid's Advice:

It's common to still be emotionally attached your ex after your relationship has ended, making it hard to move on. Moving forward is a process and won't happen overnight, but Cupid has some dating advice that will (hopefully) make it easier:

1. Remember that no one wins: These *Bachelorette* exes may feel a little competition at this point in their celebrity break-up. While it's natural to want to "win" by looking better, dating someone new first, and making sure the news of your success gets back to your ex, there's really no point. Focus on making yourself happy instead of making your ex jealous.

Related Link: ['The Bachelorette' Season 10 Couple Andi Dorfman and Josh Murray Call It Quits](#)

2. End all contact: It's hard to let go of your connections to your ex, whether they be in real life or digital. If you've had a meaningful and serious relationship, you probably don't want to lose those memories. Still, moving on means looking forward, not backward, and constant reminders about your former beau will only make it difficult. While it may be difficult, cut your ties on social media *and* in real life too. You can consider a possible friendship after you've had some time apart.

Related Link: [Chris Harrison: Things Were "Awkward and Weird" Between 'The Bachelorette' Andi Dorfman & Josh Murray](#)

3. Learn something from it: You may feel like you wasted your time with your ex or that it was all a big mistake, but you probably have a few good memories too, even if the

relationship ended badly. Give your past relationship purpose by learning from it and allowing the experience to make you a better person. It'll be easier to feel happier if you don't regret your decisions.

Have you successfully moved on from an ex? Share your tips below!